



Take Charge of Your Plate!



South Carolina Department of Health
and Environmental Control

CR-005338 MAC 8/03

Choices for Whole Grains:

- Whole grain bread
- Whole grain muffins
- Whole grain bagels
- Whole grain rolls
- 100% bran cereal
- Raisin bran
- Brown rice
- Whole rye crackers
- Whole grain flatbread
- Multigrain crackers
- Popcorn
- Sunflower seeds
- Pumpkin seeds

*Serving Size— 1/2 cup
or the size of a cupcake*

Choices for Lean Protein:

- Egg whites
- Chicken (no skin)
- Turkey (no skin)
- Sirloin (cut away extra fat)
- Flank steak
- Pork loin
- Fish (2 times a week)
 - Salmon
 - Tuna
 - Flounder
 - Catfish
- 90% Lean Ground Beef

*Serving Size— 3 oz.
or the size of a deck of cards*

1/3 Whole Grains

1/3 Fruits & Vegetables

9 inch plate

1/3 Lean Protein
(or less)

Choices for Vegetables:

- Asparagus
- Baked beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Green beans
- Kale
- Leafy greens
- Lima beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Rutabagas
- Squash
- Sweet potatoes
- Turnip greens
- Zucchini

*Serving Size— 1/2 cup
or the size of 1/2 a baseball*

Choices for Fruits:

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Tangerines
- Watermelon

For more information:

Toll Free

1-866-369-9333

Office of Public Health Nutrition

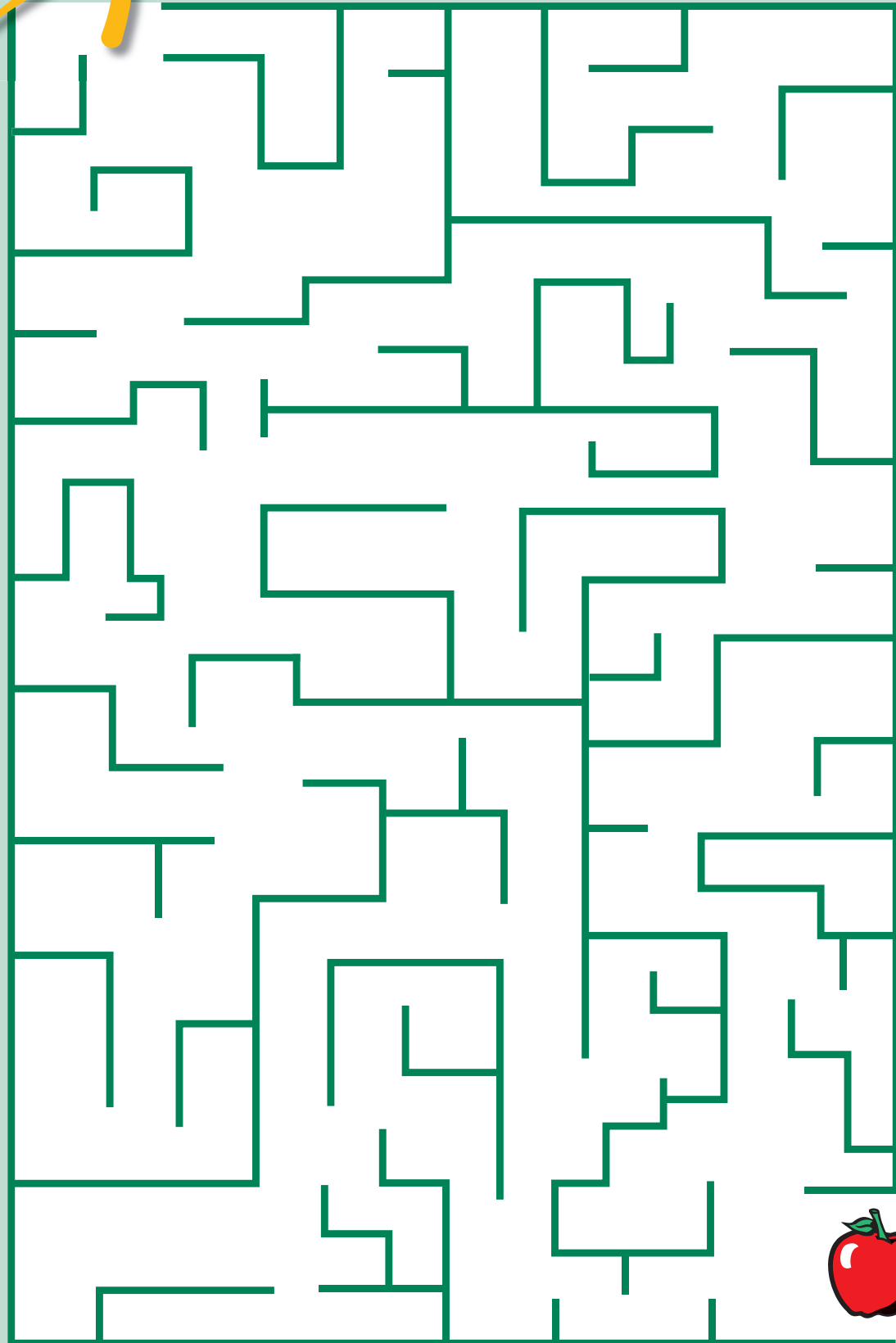
This material was funded by
USDA's Food Stamp Program.

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Can you find your way to the apple?



Circle the foods high in Vitamin C:



Answers: strawberry, broccoli, orange

See if you can find these words:

APPLE
MILK

CARROT
VEGETABLES

YOGURT
PRETZEL

A	C	Y	U	X	A	P	P	L	E	P	R	W	E	Y	K	X
O	E	D	O	Q	I	T	Z	A	K	W	D	U	I	O	R	O
W	C	U	N	G	A	F	G	C	A	R	R	O	T	K	P	R
B	L	S	J	H	U	H	D	L	N	S	C	B	L	E	R	T
D	H	E	C	E	O	R	U	H	M	W	E	U	W	O	E	P
C	M	U	W	G	N	B	T	N	Q	A	D	B	E	J	T	E
E	I	B	L	C	Q	A	F	O	L	J	C	W	F	H	Z	D
D	L	D	U	K	N	S	W	H	E	H	D	B	U	V	E	T
F	K	N	O	V	E	G	E	T	A	B	L	E	S	G	L	R
L	J	X	W	H	B	L	F	E	W	S	D	C	L	A	N	A